

Line Dancing in Cyprus with Rob Fowler - 7 nights

A winter-sun line dance holiday not to be missed in the company of line dance star Rob Fowler on the island of Cyprus in the depths of the Eastern Mediterranean. Soak up the rays of sun, dive into the crystal blue waters of the sea and enjoy the fantastic facilities of your four star hotel.

Dates and Prices 18 November to 25 November - £575.00

Unique Features Winter Sun break: Escape to Cyprus deep in the Mediterranean for warm rays of sun and glowing temperatures (around 19 degrees celsius in November).

Four star Louis Imperial Beach Hotel: Enjoy the four star facilities of this hotel located on the beach and with extensive gardens.

Your Holiday Enjoy a week of Line dancing in the excellent company of the world famous line dance star Rob Fowler. Learn new and exciting moves that will have your soul flying and you wanting more, more, more! When you aren't joining the fantastic line up of teachers in the fabulous classes that are on offer, you can enjoy the rays of sun, crystal blue waters of the sea and fantastic facilities of your four star Hotel located in Cyprus in the depths of the Eastern Mediterranean. At night enjoy the fantastic Line Dance Socials specially prepared by your Line Dance Hosts who will be providing you with a non-stop, laugh-a-minute, boogie-filled entertainment programme.

What's Included

- | Return flights from a London based airport (Other flight options available)
- | Meet & Greet upon arrival at the airport
- | Return airport transfer for all arrivals and departures coinciding with the standard Dance Holidays flight
- | 7 nights half board accommodation twinshare at the four star Louis Imperial Beach Hotel
- | 10 hours workshops from Rob Fowler and his entertainment team
- | Line Dance Socials at night with Rob Fowler and his entertainment team
- | Club Dance Holidays Host
- | Welcome Drink and Orientation Pack on arrival

Your Destination,
includes
sightseeing

Paphos (Pafos), a city rich in history and culture, is a gem of western Cyprus. There is archaeological evidence supporting the city's existence from the Neolithic period. Paphos, the birthplace of the Greek Goddess of love and beauty 'Aphrodite', proudly boasts the remains of villas, palaces, theatres, fortresses and tombs that belong to Classical, Hellenistic and Roman periods. Paphos is included in UNESCO's list of world heritage sites as a natural and cultural treasure since 1980. Paphos, roughly divided into Old Paphos and New Paphos, is famous for its white-sand beaches and has emerged as a an attractive tourist destination

Climate and
weather

Cyprus enjoys a Mediterranean climate, with abundant sunshine year round. Long dry summers and mild winters are separated by short autumn and spring seasons. Summer is a time of high temperatures with cloudless skies, but the sea breeze creates a pleasant atmosphere in the coastal areas. Winters are mild, with some rain and snow on Troodos Mountains.

Average temperatures are as follows:

Jan	12 degrees celsius
Feb	14 degrees
March	15 degrees
April	18 degrees
May	22 degrees
June	25 degrees
July	28 degrees

August	30 degrees
Sept	30 degrees
Oct	26 degrees
Nov	19 degrees
Dec	14 degrees

Your Accommodation

Louis Imperial Beach - Hotel* * * * (Half Board) (Included)

Situated on the western coast of Cyprus, in the beautiful town of Pafos, where history and legend become part of the daily life the four star Louis Imperial Beach Hotel is a Mediterranean Club style Hotel offering high standards of accommodation that guarantee unforgettable holidays. From the Hotel there is a splendid view of the ancient port and the famous castle of Pafos. Louis Imperial Beach, is one of the most reputable hotels in Cyprus for its spacious and very comfortable rooms. The Hotel is surrounded by extensive landscaped gardens that offer relaxing accommodation to guests. All rooms, public areas including the pool area were refurbished and renovated during winter 2002/03. The hotel has been awarded the 'Blue Flag', an award that guarantees the cleanliness of the crystal clear waters as well as the hotel's beach.

The rooms are spacious, brightly coloured and very comfortable. All rooms come with private balcony, private bathroom, air condition/heating, direct dial phone, radio, satellite T.V, pay TV, minibar, hairdryer, safe deposit boxes (at a charge).

The Hotel boasts the following facilities: outdoor pool, indoor heated pool (during winter months, outdoor children's swimming pool, subeds and shades are available at the pool and beach area free of charge, Jacuzzi, Massage (on request), Sauna, fully equipped gym room, 2 Tennis courts (floodlit), Basketball court, Squash court, Shuffle Board, Giant Chess Board, 1 Golf putting green, Beach/Garden volleyball courts, Horse riding and Bicycle hire available at vicinity (at a charge), Billiards, Electronic Games. Water sports available are: Windsurfing (free of charge to clients), Scuba Diving (with qualified instructors-at a charge), Water skiing (at a charge), pedal boats & canoes (free of charge to clients), paragliding (at a charge).

Classes and Workshops

There will be ten hours of line dance workshops over the week, two hours a day over five days. All the tuition will take place in the mornings in a room within the hotel which has a laminated wooden floor. The workshops will be directed at dancers of at least elementary line dance experience.

Daily Itinerary

Sample Itinerary

This is a provisional itinerary aiming to give you an idea of what your holiday will look like. There will be some elements which will change:

DAY 1

Arrival and transfer to hotel

Afternoon - Activity suggestion: We suggest that you spend your first afternoon settling into the hotel or discovering the village of Paphos.

Evening - Overview of the week; Dinner included; Welcome Drink and Warm up night Line dance Social with Rob Fowler

DAY 2

Morning - Line Dance Workshops

Afternoon - Lunch and free time to sunbathe and enjoy the Hotel facilities and surroundings.!

Evening - Dinner included; Line dance Social with Rob Fowler!

DAY 3

Morning - Line Dance Workshops

Afternoon - Lunch and free time to sunbathe and enjoy the Hotel facilities and surroundings.!

Evening - Dinner included; Line dance Social with Rob Fowler!

DAY 4

Morning - Line Dance Workshops

Afternoon - Lunch and free time to sunbathe and enjoy the Hotel facilities and surroundings.!

Evening - Dinner included; Line dance Social with Rob Fowler!

DAY 5

Morning - Line Dance Workshops

Afternoon - Lunch and free time to sunbathe and enjoy the Hotel facilities and surroundings.!

Evening - Dinner included; Line dance Social with Rob Fowler!

DAY 6

Morning - Line Dance Workshops

Afternoon - Lunch and free time to sunbathe and enjoy the Hotel facilities and surroundings.!

Evening - Dinner included; Line dance Social with Rob Fowler!

DAY 7

Morning - Line Dance Workshops

Afternoon - Lunch and free time to sunbathe and enjoy the Hotel facilities and surroundings.!

Evening - Dinner included; Line dance Social with Rob Fowler! Fancy dress Party!

DAY 8

Transfer to Airport

Nightlife

The Line Dance Socials will take place in a room within the hotel which has a laminated wooden floor. The Socials will be filled with endless fun, laughter and line dancing with best country and modern line dance music, animation, fancy dress, competitions, karaoke and much more!! Leading the fun in these Line Dance Socials will be our guest line dance team led by Rob Fowler. They love to mix with the crowd and will cater their party games and music for everyone there. The Socials will take place in a space within the hotel.

Your Teachers

We are pleased to offer a truly first class teaching and entertainment team with the world famous Line Dance star Rob Fowler accompanied by Kate Sala and Karen Jackson (dj).

Rob Fowler is a family man, devoted to wife Michelle and daughter Deanne. From the days of obtaining a 2nd Dan Black Belt in Karate he has put the same hard working commitment into line dancing as he did in karate and achieved a career envied by most other line dancers to become the UK's most sought after instructor, demonstrator and choreographer. Rob came across line dancing just by chance, whilst on holiday at Butlin's in Wales, back in 1992, where he saw this dancing being taught and thought "I can do that" and never looked back. He has travelled to many different countries since that day including, USA, Canada, Holland, Sweden, Finland, Norway, France, Germany and South Africa, besides the length and breadth of Great Britain. He runs his own club, each week, always has time for his club members and has produced many very successful students at competition level, including several World Champions. Rob has also produced video's and instruction cassettes to help people with their dancing and has continued to choreograph successful dances one after the other. The most famous being "The Beast". Despite success in competitions, numerous awards (including Personality of the Year, Instructor of the Year, Choreographer of the Year) Rob is always happy to pass on his skills to others, that's why he is a 'Peoples' Champion.

Kate Sala was born in Nottingham, and lived in Italy on the edge of beautiful Lake Como for a few years when she was younger. Dance has always been an important part of her life, being sent to the local ballet school by her mother at the age of five, where she learnt ballet, tap, modern, jazz and character dancing. There were four classes a week and the teaching was very strict but the discipline has stood her in good stead! Her love for dancing really developed during her disco years where her friends would have to drag her off the dance floor to go home. When line dancing became popular over here she thought "Yep! - that's for me, no more ballet tutus but jeans and cowboy boots and dancing in a social atmosphere." After a few sessions she was approached by a local dance organisation and asked if she would like to train as a teacher. From that point she has never stopped learning and enjoying sharing new dance information, music and styles with others, a feature that unites line dancers where ever they may be in the world.

Karen Jackson (dj) has been dancing for twelve years and teaching/DJing for eight years. She runs a successful line dance club in West Sussex called Dance 'n' Smile, having band nights and a yearly Festival. She has been to Germany, Tenerife & Cyprus with the DJing and also various parts of the British Isles. She believes that everyone should have fun and enjoy their dancing, and if people go home happy, then she's happy.

Food and Meals

Cyprus cuisine is closely related to that of Greece, but the island's unique position at the crossroads of Europe, Africa, and the Middle East has added exotic dimensions that make it particularly varied and delicious. Emphasizing fresh local ingredients, regional herbs and spices, and the light use of natural olive oil, the Cypriot palate is quintessentially Mediterranean in character. If freshness is one key to cooking in Cyprus, meze is the other. An abbreviation of mezedes, or "little delicacies," meze consist of as many as thirty small plates of food, from savory dips and vegetables to a wide range of fish and meat dishes. Much more than hors d'oeuvres, the meze often comprise the heart of a meal itself. In some restaurants and tavernas you can choose to order seafood meze or meat meze.

Among the items you can expect to be served are: Loukanika, coriander-seasoned sausages, soaked in red wine and smoked; Koupepia, grape leaves stuffed with minced meat and rice; Lountza, smoked pork, often served in sandwiches with halloumi, a delicious soft cheese, (usually grilled) made from thyme-fed sheep and sometimes spiced with peppermint; sheftalia, grilled pork sausage, afelia, pork marinated in wine and coriander; stiphado, beef or rabbit stew casserole with wine vinegar, onions and spices; and oftio kleftiko, chunks of lamb cooked in a sealed clay oven and seasoned with bay leaves. Seafood dishes include calamari, octopus in red wine, barbouni (red mullet), and sea bass. Some common vegetable preparations are potatoes in olive oil and parsley, pickled cauliflower and beets, zucchini, kolokasi (a sweet potato-like root vegetable) and asparagus. There are also the Greek classics taramosalata, fish roe blended into a creamy pink dip of pureed potatoes with parsley, lemon juice and finely chopped onion; talatouri, cool mint and cucumber flavored yogurt with a dusting of garlic, a variation on the Greek tzatziki. Greek salad (horiatiki salata) with tomatoes, lettuce, bell peppers, feta cheese, green olives and local herbs; moussaka the traditional Greek dish of minced meat and eggplant topped with creamy bechamel sauce; and souvlakia, kebabs of pork, lamb and chicken. Cypriot desserts often consist of fresh fruit, served alone or with a selection of sweet pastries or fruit preserved in syrup. These include loukoumades, Cyprus doughnuts with honey syrup, daktyla, ladyfingers with almonds, walnuts and

cinnamon, and shiamali, orange semolina cakes cut into squares. In cafes, popular snacks include kolokoti, a pastry triangle stuffed with red pumpkin, cracked wheat and raisins, and pastellaki, a sesame, peanut and honey syrup bar. There is also galatopoureko, a cream-stuffed phyllo pastry. A traditional sweet treat is loukoumia, cubes of gelatin flavored with rose water and dusted with powdered sugar.

Food safety: In Cyprus the safety of food and drinking water quality is monitored by the Health Inspectors of the Medical and Public Services of the Ministry of Health and the Local Authorities. Food and drinking water are of high quality, absolutely safe and no food or water-borne diseases occur. Water is safe to drink in Cyprus, as water pollution is negligible and every home has fresh running drinking-water. All the District Water Boards are in constant collaboration with the Government Health Services and the General Laboratory for the prevention of any toxicological and bacteriological infection of water in Cyprus. Tap-water in hotels, restaurants, public premises etcetera is safe to drink.

Optional Extras

Single Room Supplements, Upgrades and Budget Options

Option 1 - Included

Louis Imperial Beach - Hotel**** Half Board - (18/11/2005 to 25/11/2005 - 7 nights)

Extra Nights

Twin Room (Based on 2 sharing)

70 GBP per night

Twin Room (Single Occ.) (Based on 1 sharing)

53 GBP per night

Flights and Transfers

Flights: Published prices are based on flights from UK airports and there is usually a choice. Our customer care team are happy to price you a flight from any airport and you can also buy the holidays without a flight and make your own way there. If you live outside of the UK you can travel directly to the resort. There could be substantial "Early Bird" prices available so please see our special offers page on our website or ring us to find out what these are.

Transfers: We are normally able to meet you at the airport and take you by private transfer at no additional charge to your hotel. Sometimes you may have to wait a short while at the airport to connect with this transfer. Occasionally depending on your arrival time there may not be a group transfer available and we may ask you to make your own way to the hotel by taxi or public transport. In these circumstances we would give you easy to follow instructions.

Making your own way to the hotel for ground only package

Making Your Own Way to your hotel: For those whose flights don't coincide with our Airport coach transfer, you can easily reach our hotel by taking a taxi from the airport for approximately 12 cyprus pounds (£14). The journey takes about 10 - 15 minutes.

What to Expect in terms of Organisation

On Arrival: You will receive a detailed itinerary and details of any optional extras. We also include information on the local sights, recommended restaurants and other helpful tips.

Club Dance Holidays Host: Your holiday tour host is there to make your holiday as enjoyable as possible. Club Dance Holidays Tour Hosts are a cut above your typical Holiday Rep with a lightness of touch that enables you to get the best out of your holiday without being in the least bit interfering. We make sure you get the best out of the destination even though you are there for a relatively short time and we do this through our local knowledge and our knowledge of dance. Club Dance Holidays Tour Hosts normally offer much more of themselves than you would expect including making sure your nights are sociable and fun often well into the small hours if that is your whim. During the daytime the level of participation and presence of Club Dance Holidays tour hosts varies according to the nature of each holiday and its destination.

Overview of the Week and Welcome Drink: At the beginning of the week there is an Overview of the Week where your tour host will tell you about all details of your holiday. At the Overview of the Week you can buy your optional extras (see below). Also at the start of the week, Dance Holidays will invite you to be our guest to a drink.

Getting Around: You are responsible for making your own way to the dance classes and meeting points on the itinerary. We will point out those times when it is sensible to take a taxi.

Free time: We encourage you to explore the local area and make use of the excellent hotel facilities. This can be done when you please around the activities and dance classes that we have organized for you. Your tour host will be on hand for any queries you may have about the local area.

Before Your Go

Budgeting for your holiday: Your holiday is half board. For budgeting you will need to consider your second and third

daily meal, drinking socially, excursions and souvenirs.

Health and Fitness: There are no particular health requirements for a dance holiday. However you should be able to dance for at least two hours a day in order to be able to enjoy the workshop/socials.

Insurance, Visa and Passport Requirements: Refer to the brochure for full details. In brief, Insurance is a condition of booking. Visas may be required for non EU citizens. British nationals need a full passport to travel to Cyprus.

Vaccinations: Cyprus is free from dangerous infectious diseases. No vaccination requirements for any International Traveller.

Travel Documents: You receive these when you have paid for your holiday in full and we have received your airline tickets. In some cases the airlines do not release the tickets until five days before the departure date. We also confirm the address and phone number of the hotel and the emergency contact numbers.

Essential
equipment and
clothing to bring

Useful Things to Bring:

Camera
Shoes suitable for walking around the streets
Summer clothing for day
Light jacket for evenings
Swimming costume and suntan lotion
This fact sheet and Joining Instructions
Passport, money, plane ticket.

What to wear for dancing: We recommend that you bring comfortable leather sole shoes, dance trainers or cowboy boots for the classes and Socials. Your shoes should be comfortable and supportive. Wear lightweight cotton socks to avoid sweaty and blistered feet! It is probable that you may get through quite a few clothes in the workshops and dancing at night (you can get quite hot!) so bring a variety of outfits. Wear comfortable loose clothing for the classes and the evenings. The dress code at night is pretty informal. Some of you may wish to dress country and western style.

At Your
Destination

Banks and Money: The currency of the Republic of Cyprus is the Cyprus pound - C£. Bank opening hours are normally 8.30 a.m. to 1.00 p.m. Banks will change cash, travellers cheques and will sell you currency on your credit card providing the lines are open. You will always need to show your passport at a bank. Hotels, large shops and restaurants normally accept credit cards and traveller's cheques. Banknotes of major foreign currencies are also acceptable. More than 15.000 shops, restaurants and hotels accept at least one of the below Credit Cards. Establishments with P.O.S. accept also VISA ELECTRON and MAESTRO. Usually the Card symbol is displayed in the shop window or at the reception. Eurocheques and travellers cheques are also accepted by all banks, shops, restaurants etc.

Credit cards: The easiest way to buy obtain Cyprus C£ is by using a credit card at cashpoints outside most banks. You can buy small amounts, as often as you like, at any time, without queuing. You will need to know your P.I.N. Visitors in possession of any of the following international credit cards may contact the appropriate bank for the withdrawal of cash:

VISA CARD: Bank of Cyprus Ltd., Cyprus Popular Bank Ltd., Hellenic Bank, Alpha Bank Limited, National Bank of Greece, Arab Bank, Commercial Bank and Co-Op branches.

DINERS CLUB, CARTE BLANCHE: Bank of Cyprus Ltd.

MASTERCARD: Bank of Cyprus Ltd., Cyprus Popular Bank Ltd., National Bank of Greece, Hellenic Bank, Alpha Bank and Co-Op branches.

AMERICAN EXPRESS: Cyprus Popular Bank Ltd.

Languages: Greek and Turkish are the official languages. English is widely spoken. French and German are also spoken within the tourism Industry.

Tipping Because of the 10% service charge levied in hotels and restaurants, a tip is not obligatory, but small change is always welcome. Taxi-drivers, porters, hairdressers etcetera always appreciate a small tip.

Making friends with the Locals and people not on the holiday: The activities we arrange are exclusive to our clients. Generally, we discourage people who are not on the holiday from joining our activities and we ask for your discretion in this respect. By all means, outside of the itinerary, do mix with other holidaymakers staying in the hotel.
